



## Meal Planning

### Using Substitutions in Healthy Meals:

Learn how to use substitutions in a variety of new recipes as well as in many of your long time favorites.

### Recipes Made Easy:

Learn how to confidently work with new recipes while preparing healthy meals.

### Saving Time with No-Cook Meals:

Learn how No Cook recipes can help you save time while preparing healthy meals.

### Finding Recipes that Work:

Easily finding recipes that include WIC foods.



## Children Ages 1-5

### Make Meals and Snacks Simple:

Learn why it's important to offer your family healthy meals and snacks regularly. Get tips on how to get started!

### Fun and Healthy Drinks for Kids:

Learn about healthy drinks for you children and get tips to help you kids drink more water and fewer drinks filled with sugar.

### Fruit and Veggies Grow Healthy Kids:

Learn why it's important to focus on fruit and vary your veggies. Offers quick, easy ideas to help you offer fruits and vegetables to your children every day.

### Help Your Child Make Good Eating Choices:

How to give your children independence in making healthy eating choices. Get Ideas on how to do your job during meals and learn how children of any age can help during mealtime.

### Protect Your Family From Lead With Healthy Foods:

How to protect your family against lead by eating healthy foods.

### Trust Your Child to Eat Enough:

Learn how mealtimes can be fun and without any battles! Answers questions like "When do I offer dessert?" and "How do I know if my child has had enough to eat?"

### Two Minutes Twice a Day for a Healthy Smile:

Learn why brushing for two minutes twice a day is so important and what foods help your child have healthy teeth!

### Happy, Healthy, Active Children:

Learn about physical activity for your children, including how much and what types of activities are best for your kids. Get fun ideas and healthy tips that get the whole family involved.

### Build Strong Kids With Dairy Foods:

Learn why offering your child dairy foods is so important. Includes simple ways to include low-fat milk, cheese, and yogurt in your family's meals every day!

### Offer Your Baby the Rights Foods As He Grows:

How to know if your baby is ready for table foods and how to choose the right foods for their age and stage of development.

### Secrets for Feeding Picky Eaters:

How to deal with your child's food demands. Get tips on how to turn meal time into a happy time!

### Simple Ways to Include Seafood in your Family Meals:

Eating seafood and fish more often is one of the best ways you can help your family have better health and brain development.



## Healthy Families

### Keeping Your Family Safe from E. Coli:

Helps parents to learn simple food safety steps to help lower their family's risk of getting sick from E. coli infection.

### Make Mealtime a Family Time:

Learn how to unplug from distractions and make mealtime a family time.

### Healthy Whole Grains:

Offers easy ways to choose and prepare whole grain foods and tips to help fit them into your family's daily meals.

### Make Meals and Snacks Simple:

Learn why it's important to offer your family healthy meals and snacks regularly. Get shopping tips, fun food ideas, recipes, and more!

### Be Healthy With Fruits and Veggies:

Learn why eating fruits and vegetables are so important for good health. Tips on easy ways to add fruits and veggies to your meals and snacks.

### Making Healthy Meals:

Learn how to cook with what you have at home and prepare your family's meals in healthy new ways, using less salt, sugar, and fat.

### Meatless Meals for Busy Families:

Learn about the benefits of offering your family meatless meals. Get tips and recipes on making healthy, nutritious meals without using meat.

### Choose MyPlate to Build a Healthier Family:

Introduces the new "Choose MyPlate" guidelines from the U.S. Department of Agriculture (USDA) and how you and your family can use MyPlate to eat healthier and be more active.

### Protect Your Family From Lead With Healthy Foods:

How to protect your family against lead by eating healthy foods.

### Farm to Family: Keeping Food Safe:

Learn simple steps to food safety and easy tips to remember them every time you offer meals and snacks to your family.

### Eat Well—Spend Less:

How to make the most out of your family's food dollars. Learn secrets to saving money at the grocery store, while still buying healthy foods!

### Simple Ways to Include Seafood in your Family Meals:

Eating seafood and fish more often is one of the best ways you can help your family have better health and brain development.



## Breastfeeding

### **Breastfeeding: Building a Bond for a Lifetime:**

Learn about the benefits of breastfeeding. Get tips to make the experience enjoyable for you and your baby.



## New and Expecting Parents

### **Food Safety for Moms-to-Be:**

Learn why it's important to keep food safe, what risky foods to avoid during pregnancy, and simple ways to do so.

### **A Recipe for Healthy Pregnancy:**

Offers pregnant women many ideas to having a healthy pregnancy. Get tips about eating healthy and staying active.

### **Get Into Shape After Your Baby Arrives:**

For new moms who have been to their doctor for their 6-week check up. Learn how to become or stay physically active and develop good eating habits after childbirth. Offers tips to get started, or new ideas to help keep you going as your baby continues to grow.

### **Understanding Your Baby's Cues:**

Learn how to recognize and respond to the cues your baby uses to communicate with you.

### **Understanding Your Baby's Sleep:**

Learn to understand how babies sleep and why newborn babies need to wake up often. Tips for sleepy parents and how to calm a crying baby.

### **Preparing for a Healthy Pregnancy:**

Learn why it's important to make healthy food choices and take a multivitamin with folic acid before becoming pregnant and simple ways to do so.

### **Protect Your Family From Lead With Healthy Foods:**

How to protect your family against lead by eating healthy foods.

### **Give You and Your Baby a Lifetime of Healthy Teeth:**

Caring for your own and your baby's teeth and gums.

### **Help Your Baby Sleep Safe and Sound**

Follow the ABCs of Safe Sleep. Protect your baby from common bedtime dangers while teaching your infant to sleep through the night.



## Infants

### **Baby's First Cup:**

How to teach your baby to start drinking from a cup. Tips on what type of cup to use, what to put in the cup , and more!

### **Breastfeeding: Building a Bond for a Lifetime:**

Learn about the benefits of breastfeeding. Get tips to make the experience enjoyable for you and your baby.

### **Offer Your Baby the Right Foods As He Grows:**

How to know if your baby is ready for table foods and how to choose the right foods for their age and stage of development.

### **Two Minutes Twice a Day for a Healthy Smile:**

Learn why brushing for two minutes twice a day is so important and what foods help your child have healthy teeth!

### **Understanding Your Baby's Sleep:**

Learn to understand how babies sleep and why newborn babies need to wake up often. Tips for sleepy parents and how to calm a crying baby.

### **Understanding Your Baby's Cues:**

Learn how to recognize and respond to the cues your baby uses to communicate with you.

### **Starting Your Infant on Solid Foods**

How to introduce solid foods to your infant and when it is best to start. Get tips on making this new skill safe and enjoyable for both you and your baby.

### **Protect Your Family From Lead With Healthy Foods:**

How to protect your family against lead by eating healthy foods.

### **Give You and Your Baby a Lifetime of Healthy Teeth:**

Caring for your own and your baby's teeth and gums.

### **Help Your Baby Sleep Safe and Sound**

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## Mothers in Motion

### **Better Ways to Handle Everyday Stress:**

Real WIC moms share daily causes of stress and ways they are able to handle it.

### **Time Saving Tips for Busy Moms:**

Learn about the causes of not having enough time and find ways to make time for yourself and your family.

### **Effective Ways to Handle Negative Feelings:**

How to identify the causes of feeling bored, angry, sad or stressed and healthier ways to deal with those negative feelings.

### **Effective Ways to Help with Parenting:**

Offers ideas to reduce parenting stress with effective tips to stay calm, empower your children, and have a happier family.

### **Effective Ways to Reduce Junk Food:**

Learn what to look for on a food label to help you make healthier food choices and possible ways to reduce junk food intake.

### **Useful Tips for Planning Meals and Helping Children Eat Healthier:**

Offers tips to save time, money and reduce stress and frustration, by planning meals that include healthy foods and making grocery lists.

### **Useful Tips for Grocery Shopping (Part I):**

Learn how to make grocery shopping less stressful. New ways to make a grocery list, choose healthier foods, stretch your food dollars and more!

### **Useful Tips for Grocery Shopping (Part II):**

Discover ways to pick the best produce, avoid outdated foods, and save money.

### **Practical Ways to Cook Healthier:**

Learn to save money and be healthier by eating out less and cooking healthier meals at home more often.

### **Fun and Realistic Ways to Get More Exercise:**

Moms like you share how they found time to be active without leaving their house or neighborhood.

### **Journey to Weight Loss:**

Learn ways to make lifestyle changes to lose weight, have more energy, and feel healthier and happier.